

Tailored pain management for subgroups of patients with chronic musculoskeletal pain : an evaluation of treatment effectiveness

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Propositions

Belonging to the thesis entitled:

Tailored pain management for subgroups of patients with chronic musculoskeletal pain

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Maastricht 2013

1. Although the German version of the Coping Strategies Questionnaire is a feasible and reliable outcome measure, validation studies demonstrated the difficulties in conceptualizing important dimensions of coping (*this thesis*).
2. The Multidimensional Pain Inventory Classification System is **not** the new gold standard to distinguish clinical meaningful subgroups of patients with chronic musculoskeletal pain, for it is surprisingly insensitive (*this thesis*).
3. The pain-depression association in the interpersonally distressed subgroup may have an impact on pain management, that is, pain could be treated by treatment of depression and vice versa (*this thesis*).
4. Tailored physiotherapy and psychotherapy interventions in subgroups of patients with chronic back pain according the Multidimensional Pain Inventory Classification System did not reduce the variance in outcome (*this thesis*).
5. Variability is the law of life, and as no two faces are the same, so no two bodies are alike, and no two individuals react alike and behave alike under the abnormal conditions which we know as disease (*Sir William Osler 1849 – 1919; research area*).
6. Rethinking of the traditional randomised controlled trial in rehabilitation of musculoskeletal pain into alternative experimental and observational designs to advance the research in this field is necessary (*research area*).
7. To be able to make informed decisions, health professionals need access to the information of both explanatory trials with high internal validity and pragmatic trials (*research area*).
8. However semantically correct, nonspecific low back pain is not a good clinical diagnosis (*Gordon Waddell 2005; research area*).
9. Luck is where the crossroads of opportunity and preparation meet (*Lucius Annaeus Seneca ca. 4 BC – 65 AD*).
10. Das Erfinden ist kein Werk des logischen Denkens, wenn auch das Endprodukt an die logische Gestalt gebunden ist (*Albert Einstein 1879 – 1955*).
11. Mountains are in the eye of the beholder – If you were grown up below sea level (-3 m), the north face of the Eiger (3970 m) is even after 25 years quite scary but the St. Pietersberg (107 m) feels within 8 weeks as a safe place (*adapted to Lara Allet 2009*).